

## **VR Journey – Week 7: Full Class Meditation Session in EvoVR in AltspaceVR by Jeremy Nickel and Caitlin Krause (VR)**

On Friday of this week, we will be attending a virtual well-being/meditation class together in Altspace VR. Our meditation will be led by [Rev. Jeremy D. Nickel](#) and [Caitlin Krause](#). The journey will begin at 10am PST, 15 minutes later than our formal class start time of 9:45am.

You can join the session on the Altspace VR app on your Quest 2. For instructions on how to join via session ID in Altspace, see [here](#). Doors will open ~5 minutes before the event starts, so please be logged in and set up in Altspace ready to join the meditation session at 9:55am. If you have not created an Altspace VR account already (most of you did this for our VR journey during week 3), please allot about 30 minutes to get onboarded in Altspace. Note that while a large number of the attendees will be students from our class, this session is also a public event and there may be users from outside our class in attendance.

As always, if you are uncomfortable in VR, you are welcome to leave at any time. The teaching team will be watching the Tech Support Thread on canvas in case you run into any technical issues. After the session is over, we will take a large group selfie together, which would be a great screenshot opportunity!